



400 Calorie Fix Tracker

Liz Vaccariello

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The one simple rule for lasting weight loss? Control calories. But counting calories is tedious, and food should be fun. The 400 Calorie Fix? Spot hidden fat and sugar, seek nutrition stars, and see scrumptious and satisfying 400-calorie meals everywhere. With tools, tips, and tricks that fit your lifestyle, the 400-Calorie Fix Tracker gives you the space you need to: Track calories in and calories out with common foods and activities Create your own 400-calorie meals Collect stars on the 4 Star Nutrition System Get your chocolate, coffee, or cheese fix Monitor blood pressure, hours of sleep, stress levels, challenges and cravings, or any other health measurement ... and so much more!

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